

ABSTRACT

The present invention relates to inserts for holes in bowling balls, and more specifically, provides an insert which is easily installed and easily interchangeable. One preferred embodiment of the present invention utilizes a two-piece insert where the base portion is
5 attached inside the bowling ball hole and the sleeve portion is removably attached to the base portion. Other preferred embodiments utilize a locking mechanism to prevent rotation between the base portion and the sleeve portion. Further embodiments utilize differently sized and shaped interior cavities of the sleeve portion to accommodate various sizes and shapes of fingers and thumbs, while still other embodiments utilize an insert with a multiple outer diameters and a
10 method for controlling the diameter of the hole to provide an insert that may be easily inserted or removed by hand.